OBSERVATIONS

ON THE EFFICACY OF

COLD-BATHING,

IN THE

PREVENTION AND CURE

OF

DISEASES.

BY

ALEXANDER GORDON, A. M.

SURGEON TO THE DISPENSARY

IN ABERDEEN.

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TO

THE PRESIDENT AND MANAGERS

OF THE

INFIRMARY

OF

ABERDEEN,

THE FOLLOWING OBSERVATIONS,

AS A TESTIMONY OF GRATITUDE,

ARE INSCRIBED,

BY

THEIR MUCH OBLIGED,

AND

MOST OBEDIENT SERVANT,

AL. GORDON.

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PREFACE.

THE following eſſay was occaſioned by reading an advertiſement, in the Aberdeen Journal, of the third of April 1786, intimating, that the Managers of the Infirmary of Aberdeen propoſed to ſell the Bath, built, not long ago, for the benefit of the patients of the hoſpital, and the public at large.

This intelligence ſurprized me much; and I was ſtill more ſurprized to be informed of the motive which induced the managers to adopt this meaſure, viz. that the Bath was ſo much neglected by the inhabitants of Aberdeen, that it could not be kept up without conſiderable loſs to the funds of the Infirmary; as there had not been ſo much received for the uſe of the bath, for ſome time paſt, as was ſufficient to pay the feu-duty of the ground, and other neceſſary expences. This muſt appear very extraordinary, when it is conſidered, that the rate of bathing for a whole year, is no more than half a guinea each perſon.

A ſtranger would from this naturally conclude, that the town of Aberdeen is the healthieſt ſpot in the world, and that few or none of the inhabitants ſtand in need of cold-bathing. But is this really

the caſe? Very far from it; for I can aſſert it as a truth, without fear of being contradicted, that there is in Aberdeen, as there muſt be in every populous town, a number of people afflicted with diſorders, for which cold-bathing is the principal, if not the only remedy.

Is it not then a great advantage to the public, to have a bathing-houſe ſo excellently contrived as the one at Aberdeen? If this houſe ſhould be ſold, and ſhould fall into the hands of a perſon who will demoliſh the Bath, what a loſs will the public ſuſtain? What muſt become of ſuch weak and delicate people as ſtand in need of cold-bathing, and are not able to bear it in the open air? They muſt inevitably be deprived of this uſeful remedy. And as to the female ſex, they muſt entirely give up cold-bathing, for want of convenience to uſe it. Why then have not the public made uſe of the Bath, while they had it in their power? There certainly ſeems to have been a ſtrange inattention to this matter: and I am afraid, that the public will not be ſenſible of the advantage of having a Cold-bath, till they be deprived of it.

Full of theſe reflections, I reſolved to write a ſhort treatiſe on the efficacy of cold-bathing in the prevention and cure of diſeaſes, with a view, if poſſible, to rouſe the attention of the public on the preſent occaſion.

This treatiſe I now offer to the public; and at the

the ſame time regret, that it was not undertaken by a practitioner of greater eminence, knowing perfectly how much the generality of mankind is influenced by names. However, I hope, that what I have to offer on the ſubject will be favourably received by the public, and not raſhly cenſured by gentlemen of my own profeſſion, when they conſider, that my motive, for undertaking it, is the PUBLIC GOOD, which if I ſhall be ſo happy as in any meaſure to promote, I ſhall be abundantly ſatisfied, not being ſolicitous about the acquiſition of literary fame. I am moved ſolely by thoſe ſentiments which the illuſtrious Dr Sydenham has expreſſed in the following words: "Neque enim "civis boni eſt, illud in rem ſuam vertere, quod "toti generi humano tam ingens beneficium ap- "portet; nec viri prudentis divina benedictione "ſemet-ipſum privare, quam a ſumma bonitate li- "ceret expectare, ſi ad publicum bonum promo- "vendum ſe accingeret *."

I conſidered it likewiſe as a duty incumbent on me, to whom, as filling a public office, the health of a very numerous part of the inhabitants of this place is committed, to offer my ſentiments on the ſubject, altho' I have but little leiſure for ſuch an

* For it does not become a good citizen to reſerve that for himſelf, which may be advantageous to mankind; neither is it the part of a prudent man to deprive himſelf of that bleſſing which he may reaſonably expect from heaven, if he make it his buſineſs to promote the good of the public.

undertaking, having had under my care for three months paſt, ſeldom leſs than eighty patients who required my daily attendance.

The occaſion called on ſome perſon acquainted with the ſubject to point out to the public, the utility of cold-bathing; and as no other perſon has offered his ſervices, I humbly undertake the taſk, hoping, that the indulgent public will make every allowance for inaccuracy of compoſition, both from a conſideration of the little leiſure I have for ſtudy, and of the motive which induced me to this undertaking.

What I conceive may have hurt the bathing houſe in Aberdeen, is the great confidence repoſed by the public in two watering places, at preſent very much in vogue. With reſpect to theſe, I obſerve, that the ſhort time people commonly continue there, and the manner in which they live, may entitle them to the appellation of a faſhionable rendezvous, calculated for amuſement and pleaſure, rather than for health. But I ſhall ſuppoſe, that ſome attend them for health. It is difficult for ſuch perſons to obſerve a proper regimen, where ſo many ſtrangers are aſſembled together; beſides, few who have got families, or buſineſs to attend, can be abſent ſo long as is ſufficient for a thorough re-eſtabliſhment of health.

Now I maintain, that every purpoſe to be expected from either of thoſe places, is to be obtained by

by frequenting the bath at Aberdeen, drinking the water of a well known mineral near the infirmary, and riding every day when the weather is fine, either in the morning, or before dinner, three or four miles from town. Whoever does not recover by following ſuch a courſe, has little benefit to expect, from going to any of the above-mentioned watering places.

With reſpect to the air, I am diſpoſed to aſſert, that the air of ſome hilly grounds in the neighbourhood of Aberdeen, is equal to that of either of thoſe two places.

And with regard to the water, I may likewiſe venture to affirm, from all the obſervation I ever could make, that it poſſeſſes no efficacy ſuperior to that of the above-mentioned mineral.

I ſhould be ſorry to have it thought, that I mean to inſinuate any thing to the diſadvantage of thoſe places: But I cannot help regretting, that many, who, perhaps, are not in circumſtances to afford it, ſhould go far, and pay dear, for that which may be obtained much cheaper at home.

OB-

OBSERVATIONS

ON THE EFFICACY OF

COLD-BATHING,

IN THE PREVENTION AND CURE OF DISEASES.

This is the pureſt exerciſe of health,
The kind refreſher of the ſummer heats;
Nor, when cold winter keens the bright'ning flood,
Would I weak ſhiv'ring linger on the brink.
Thus life redoubles, and is oft preſerv'd,
By the bold ſwimmer in the ſwift illapſe
Of accident diſaſtrous. Hence the limbs
Knit into force; and the ſame Roman arm,
That roſe victorious o'er the conquer'd earth,
Firſt learn'd when tender to ſubdue the wave.
Ev'n, from the body's purity, the mind
Receives a ſecret ſympathetic aid.

THOMSON'S SEASONS.

THE greateſt of human bleſſings is health; and though, like moſt other valuable things, its worth is not known when poſſeſſed, yet its attainment when

when loſt is eagerly deſired by the unhappy ſufferer.

That the loſs of health ſhould be a common occurrence, is not to be wondered at, conſidering the prevalence of diſſipation and luxury in modern times, and that the moſt profitable profeſſions in the ſtate require a ſedentary life.

To point out the means of preſerving health when enjoyed, and of reſtoring it when loſt, is the object of the preſent eſſay.

But to do this fully and properly, may be conſidered as a very comprehenſive plan, as it contains the whole of the Hygiene § and of the Practice of Phyſic.

But I propoſe to touch on neither of theſe, any farther than as comprehended in one article, viz. the employment of COLD-BATHING, or the application of cold water to the ſurface of the body.

The practice of cold-bathing is a cuſtom of very great antiquity.

We find frequent mention of it in the moſt ancient records in the world, which inform us, that the uſe of it was moſt ſtrictly enjoined, by the greateſt Legiſlator and moſt conſummate Stateſman the world ever produced.

This great man, who, of all others, both from inſpiration, and immediate correſpondence with the Deity, muſt be ſuppoſed the moſt competent

§ The art of preſerving health.

judge

judge of its utility, ordered it to be employed in an eſpecial manner for the prevention of diſeaſes. And no doubt the moſt powerful means were neceſſary for that purpoſe, where ſuch numbers were encamped for ſo long a ſpace in a warm climate.

The practice of cold-bathing was very common among the ancient Greeks and Romans.

That cold-bathing was commonly practiſed at Rome, is ſufficiently obvious, when in the city, during the reign of the Emperors, there were no leſs than 142 public baths, and 618 private ones, beſides thoſe which belonged to the Emperor.

Nor has the uſe of cold-bathing been confined to former ages and to warm climates only. It is common alſo in modern times, not only in warm climates, but in countries which are very cold, particularly Ruſſia and Lapland.

In Lapland †, where the inhabitants are remarkable for health and longevity, the infants, during the firſt year, are immerſed in cold water three times every day, and as often every week, during the ſubſequent ones.

The inhabitants of the Iſthmus of America receive no injury from plunging into cold water when in a ſweat. And, as the moſt ſpeedy remedy for intoxication, the women throw their huſbands into it when drunk.

The women, immediately after delivery, ſcruple

† Buffon's Natural Hiſtory.

not

not to bathe in cold water with their infants, and yet theſe women are rarely known to die in labour.

But although this practice might not perhaps be proper in this country, under ſuch circumſtances, yet it ſhews, that cold-bathing is uſed with ſafety in other countries, in ſituations wherein we would conſider it as highly dangerous.

I might conſider cold-bathing in two points of view; either with reſpect to cleanlineſs, or with reſpect to health.

But, as cleanlineſs and health are ſo much connected, I rather chooſe to conſider it,

Firſt, In the PREVENTION; and, Secondly, In the CURE of diſeaſes.

I. I ſhall conſider the power of cold-bathing in the *prevention* of diſeaſes; and ſhall begin with

FEVERS.

This will appear more plainly, by conſidering the *cauſe*, or, to ſpeak in the ſtrict language of Phyſic, the *remote cauſe* of fever.

The two general cauſes of fever are *contagions* and *miaſmata*, or *human* and *marſh effluvia*. The former, ariſing from the human body, occaſion a fever of a continued form; and the latter, from moiſt ground acted upon by heat, give riſe to an intermittent fever.

With reſpect to the firſt of theſe cauſes, it is now well known, that the effluvia which ariſe

from the living human body, both from the lungs and ſurface of the body, if long accumulated in the ſame place, acquire a virulent and contagious quality; and, when applied in that ſtate to the bodies of men, give riſe to a fever which is highly infectious.

That jails, hoſpitals, priſon and hoſpital-ſhips, tranſports, crowded barracks, and other places, where the effluvia of the human body are long retained, give riſe to a fever which is highly contagious, is now well known, and fully aſcertained.

We have on record two remarkable inſtances to this purpoſe

One in the fatal aſſizes at Oxford, in the year 1577, where ſcarce any perſon preſent eſcaped the contagion. There died at Oxford three hundred perſons, beſides upwards of two hundred who caught the infection there, but died in other places.

And another at the ſeſſions at the Old Bailey, in the year 1750. The bench conſiſted of ſix perſons, four of whom died, together with two or three of the counſel, one of the under-ſheriffs, ſeveral of the Middleſex jury, and others preſent, to the amount of above forty.

The cauſe of this infectious fever, were the noxious effluvia which aroſe from the criminals, and the vitiated air of the rooms where they had been confined. And it is remarkable, that the priſoners themſelves were free from the diſeaſe.

We

We have had many inſtances, during the late war, of a contagious fever ariſing from the ſame ſource, which being introduced into his Majeſty's ſhips, has been communicated to the whole crew, and could not be eradicated, till the ſhips were evacuated and laid up.

And at preſent, an infectious fever prevails among the lower claſſes of people in this place. In the courſe of the laſt three months, I have attended upwards of ſeventy perſons ill of this fever. And as it prevails only among thoſe who live in ill-aired houſes, and neglect cleanlineſs, or among thoſe who have communication with them, I do not heſitate to pronounce the want of cleanlineſs as the cauſe of the diſeaſe.

Now, cold-bathing, by waſhing away the effluvia of the body, will readily appear to be the means of preventing one great cauſe of infection. It is therefore ſufficiently evident, that the application of cold water to the ſurface of the body is a probable means of preventing the effects of contagion, when ſuch contagion has been applied to the ſurface of the body only.

But as contagion, floating in the atmoſphere, muſt enter the body very readily, by the lungs, as well as the ſurface of the body; ſo cold-bathing would fail to prevent the effects of ſuch contagion, had it no other qualities than thoſe juſt now mentioned.

I therefore proceed to conſider its more powerful effects in the prevention of diſeaſes.

I have already mentioned, that the two general cauſes of fever are *human* and *marſh effluvia*. And it is now well known, by phyſicians, that both are of a debilitating and ſedative nature. The debility in the courſe of the diſeaſe is always in proportion to the degree of contagion; and whatever debilitates the human body, renders it liable to be affected by contagion †.

That the marſh, as well as the human effluvia, are of a debilitating nature, appears from many conſiderations; and in particular, from the means which are commonly employed for the prevention of the paroxyſms of intermittent fevers, viz. the exhibition of the Peruvian Bark, which is the moſt powerful tonic in the vegetable kingdom.

From theſe conſiderations it is ſufficiently evident, that cold-bathing, being a very powerful tonic *, bids fair to be the means of preventing the operation, both of human and marſh effluvia; and conſequently of preventing continued and intermittent fevers. For as the remote cauſe of both

† In the infectious fever which prevails at preſent in Aberdeen, where whole families are expoſed to the contagion, I have remarked, that they who eſcape, are always perſons of greater vigour, or are more in the open air, than thoſe who are affected.

* See Dr Cullen's Firſt Lines of the Practice of Phyſic, on the abſolute and relative powers of Cold.

is of a debilitating nature, ſo cold-bathing, from the tone and vigour which it communicates to the ſyſtem, is more likely to prevent the operation of thoſe cauſes, than any other means which can be employed.

The means commonly employed by practitioners, for obviating debility, are tonic medicines ‡ and ſtimulants ‖. Now the virtues of both are united in cold-bathing, which acts both as a tonic and ſtimulant. It acts, not only as a tonic with reſpect to the ſyſtem in general, but as a ſtimulus to the ſanguiferous ſyſtem, eſpecially exciting the action of the extreme veſſels on the ſurface of the body. And therefore, it ſeems well calculated, not only to prevent the operation of the *remote cauſe* of fever, but is highly conducive to prevent the *proximate cauſe* from taking place, viz. the ſpaſm and atony, which, according to the celebrated Dr Cullen, ſubſiſt at the ſame time, and conſtitute the proximate cauſe of fever.

This illuſtrious author has propoſed cold-bathing, as a probable means of preventing the moſt virulent of all contagions, viz. that of the *Plague*.

There are ſeveral infectious diſeaſes, which are communicated only by immediate contact, either

‡ Tonic Medicines, are thoſe which brace and ſtrengthen the body.

‖ Stimulants, are ſuch medicines as excite the activity of particular parts, or of the whole ſyſtem.

with

with the bodies or apparel of perſons labouring under the diſeaſe. There is good reaſon to ſuppoſe, that they may be prevented by the application of cold water to the ſurface of the body.

We proceed, in the Second Place, to conſider cold-bathing in the CURE of diſeaſes; and,

I. In INTERMITTENT FEVERS.

Cold-bathing, when employed in the abſence of paroxyſms, has been known, in ſeveral inſtances, to prevent their return. But the ſubjects were perſons of tolerable vigour. And, as cold-bathing acts in the ſame manner on the ſyſtem, as the other remedies commonly employed for the cure of intermittents, there is good ground to expect ſucceſs from it, in the cure of this diſeaſe. But whether it is generally to be admitted in practice, muſt be determined by farther experience.

II. In CONTINUED FEVERS.

From the great benefit attending the uſe of cold water taken into the ſtomach, in ſome ſorts of fever, there is reaſon to think, that the application of cold water to the ſurface of the body, would have the ſame, or more powerful effects. And there are inſtances of perſons highly delirious in fevers, who, eſcaping from their keepers, and plunging into cold water, have been brought home, and put to bed, and falling into a profuſe ſweat, have

have immediately recovered. But there is not a ſufficient number of cures upon record, to authorize this being admitted in general practice.

III. In OPHTHALMIA, or Inflammation of the Eye.

In *Ophthalmia Membranarum*, or inflammation of the coats of the eye, the admiſſion of cold air, and the application of cold water, are of great ſervice. And in the *Ophthalmia Tarſi*, in which there is a purulent diſcharge from the eye-lids, the application of cold water to the part, and to the ſurface of the body, is highly beneficial, eſpecially if the diſeaſe be owing to a ſcrophulous acrimony prevailing in the ſyſtem.

IV. In CHRONIC RHEUMATISM*, and ATONIC GOUT†.

The general indication in the cure of both, is to reſtore the activity and vigour of the vital principle in the part; and cold-bathing ſeems a very proper remedy for anſwering that purpoſe. Sir John Pringle has particularly recommended cold-

* There are two ſpecies of rheumatiſm, acute, and chronic. The former is attended with fever, pain, and commonly redneſs and ſwelling, of the joints. In the latter, which is commonly the ſequel of the former, there is no fever. The pained joints are without redneſs, and are cold and rigid.

† The atonic gout, is when the diſeaſe, inſtead of producing an inflammatory affection of the joints, affects the ſtomach, occaſioning indigeſtion and want of appetite.

bath-

bathing and exercise on horseback, as the best remedies which can be employed for the cure of chronic rheumatism.

V. In HEMORRHAGIES, or Effusions of Blood.

I do not propose to recommend it, in any case of *active hemorrhagy*, that is, when there is a degree of fever present, and an increased impetus of the blood, in the vessels pouring it out.

But I propose it as remarkably useful, in cases of *passive hemorrhagy*, that is, when the disease is owing to a laxity of the vessels pouring out the blood, and where the use of tonics and astringents is indicated, the most powerful of which is cold water taken into the stomach, and applied to the surface of the body.

VI. The employment of cold-bathing is particularly useful, in some of the diseases peculiar to the FEMALE SEX.

It is by far the most efficacious remedy, in the cure of *Menorrhæa* and *Leucorrhæa;* and in that kind of *Amenorrhæa*, which is commonly known by the name of the *Emansio Mensium*; the effects of which are a debility and flaccidity of the system; and the indication of cure is to restore the tone of the system in general. Hence the propriety of cold-bathing is sufficiently obvious.

Cold-bathing is likewise a proper remedy, in such

ſuch caſes of *Amenorrhœa*‡ as are owing to a general debility of the ſyſtem, and conſequently of the uterine veſſels.

As I am here conſidering the efficacy of cold-bathing in diſeaſes peculiar to women, I think it proper to mention its ſingular power in promoting pregnancy. The extraordinary fecundity‖ of the Egyptian women, has been imputed to their bathing in the river Nile.

VII. In Apoplexy.

In the apoplexy ariſing from thoſe cauſes which directly deſtroy the mobility of the nervous power, when they do not immediately kill, but occaſion only a ſtate of inſenſibility; one of the moſt powerful means of rouſing the patient, is by the affuſion of cold water upon the body.

VIII. In Palsy.

In palſy occurring in conſtitutions, in which the power of re-action is ſtrong, the application of cold has often been found uſeful in curing the diſeaſe. And the moſt proper mode of doing this, is by the application of cold water to the body.

IX. In Dyspepsia, or Diſorders of the Stomach.

‡ In the diſeaſes of women, I retain the noſological names, without giving an explanation; and the judicious reader will readily perceive the propriety of this.

‖ See Buffon's Natural Hiſtory.

This is a diſeaſe, which, in populous towns, occurs more frequently than any other diſorder.

It conſiſts in a want of appetite and digeſtion, and is attended with different ſymptoms in different perſons, as nauſea, vomiting, heart-burn, flatulency, pain of the ſtomach, and coſtiveneſs.

The proximate cauſe of the diſeaſe is moſt commonly a loſs of tone in the muſcular fibres of the ſtomach*.

And the indication of cure is therefore to reſtore the tone of that organ: and the method, moſt approved of by experience, for anſwering this purpoſe, is,

Firſt, by applications to the ſtomach itſelf.

Secondly, by applications to the whole body.

The moſt common form of the firſt ſort of applications, is in the uſe of bitters and chalybeates taken into the ſtomach. Now, the long continued uſe of the former has been found to deſtroy, both the tone of the ſtomach and of the whole ſyſtem. And the efficacy of the latter, as commonly uſed in mineral waters, is rather to be imputed to the amuſement and exerciſe attending the uſe of the waters, than to the ſmall quantity of iron with which they are impregnated.

The ſecond ſort of remedies, which ſtrengthen the ſtomach by being applied to the whole body,

* When the diſeaſe depends upon an organic affection of the ſtomach, as tumour, ulcer, or ſchirroſity, cold-bathing can be of no ſervice.

are

are exercise, and the application of cold. But it is the last only which we propose to consider here, as consisting in the application of cold water to the surface of the body.

It has been well illustrated, by the greatest Physician at present in the world, that there is a consent between the external and internal parts of the system, and in particular between the stomach and the surface of the body, or between appetite and perspiration. And that cold, when it does not stop perspiration, but proves a stimulus to it, is always a powerful means of exciting appetite. As, therefore, the tone of the stomach is considerably strengthened by the application of cold to the surface of the body, it follows, that the application of cold water, or cold-bathing, as it is a tonic with respect to the system in general, and especially as exciting the action of the extreme vessels, must in both respects be a powerful means of strengthening the stomach. And if properly employed, and persisted in, together with exercise, it will seldom fail to effect a cure.

X. In TETANUS, or the Locked Jaw.

This is a disease which rarely occurs in cold climates, but is very common in the Torrid Zone. And cold bathing is over the whole of the West Indies successfully employed for the cure of the disease.

XI.

XI. In the CHOREA †, or Dance of St. Vitus.

As this diſeaſe has been moſt ſucceſsfully treated, by the exhibition of tonic medicines, ſuch as the Peruvian bark, and chalybeates, is there not reaſon to think, that cold-bathing might be employed with advantage?

XI. In EPILEPSY*.

The prediſponent cauſe of this diſeaſe, is a mobility of the ſenſorium or brain, occaſioned either by a plethoric ſtate of the ſyſtem, or by a certain ſtate of debility. It is the latter cauſe only which I propoſe to conſider here, and the means of correcting it are, by exerciſe in the open air, and the uſe of tonic remedies, the chief of which is cold bathing.

XIII. In HYSTERIA, or the Hyſteric Diſeaſe.

From the analogy between Hyſteria and Epilepſy, it is to be preſumed, that there is a ſimilar analogy with reſpect to their cure; and that cold bathing is a very ſuitable remedy.

† This a particular ſort of convulſion, which affects the leg and arm of one ſide in a very ſingular manner. It is a diſeaſe well known in ſome parts of Scotland, by the name of the Leaping Ague. Thoſe who wiſh for more information on the ſubject, I refer to Dr Cullen's Firſt Lines, vol. iii. b. 3. ch. 3. and to the *Schedula Monitoria* of Dr Sydenham.

* Vulgarly named The Fits, or falling ſickneſs.

XIV.

XIV. In diſorders of the INTELLECTUAL FUNCTIONS.

In *Mania* or madneſs, cold bathing has frequently relieved, and ſometimes cured the diſeaſe.

In *Melancholy*, occurring in ſanguine temperaments, cold bathing is likewiſe well calculated for effecting a cure.

XV. In TYMPANITES*.

Cold bathing is well adapted to the cure of this diſeaſe, which conſiſts in a preternatural collection of air within the cavity of the abdomen; and the proximate cauſe of it, is an atony of the alimentary canal; ſo the application of cold drink, and the uſe of cold bathing have been employed with advantage in this diſorder.

XVI. In DROPSY.

In *watery ſwellings*, or *dropſies*, after the water has been evacuated, cold-bathing, as being a very powerful tonic, may be ſucceſsfully employed for reſtoring the tone of the ſyſtem, and preventing a relapſe.

XVII. In RACHITIS, or Rickets.

In the cure of this diſeaſe, I need ſcarce mention it as a remedy, it being ſo univerſally known and practiſed, both for the prevention and cure of the diſeaſe.

XVIII.

* The external appearance of this diſeaſe reſembles that of the dropſy; but the cauſe of the ſwelling is air, and not water.

XVIII. In Scrophula.

Cold-bathing is particularly adapted to the cure of the *Scrophula*, or King's-evil, and is the moſt powerful remedy which can be employed. And I ſincerely wiſh, that its efficacy, in this diſorder, were univerſally known, as there is reaſon to think, that the proper employment of it, would generally prevent, and frequently cure the diſeaſe.

XIX. In Gonorrhoea.

Cold-bathing is an excellent remedy for the cure of ſeveral ſpecies of *Gonorrhœa*. In the *Gonorrhœa mucoſa*, *Gonorrhœa laxorum*, and *Gonorrhœa dormientium*, the cold bath may be uſed with great advantage §.

Thus I think that I have taken notice of all, or moſt of the diſeaſes, curable by the uſe of cold-bathing, or the application of cold water to the ſurface of the body. And I have only to add, that the partial uſe of cold-bathing may likewiſe be employed with great advantage. Every perſon has daily experience of the refreſhing influence of cold water, applied to the hands and face.

The affuſion of cold water, upon ſuch parts of the body as are affected with weakneſs, is found

§ I have here retained the noſological names, without giving an explanation, for the ſame reaſon that I did ſo in the 6th article.

to

to be the moſt powerful means of reſtoring their ſtrength. Hence the efficacy, of ſuch partial application of cold water, will be very obvious, in the cure of ſeveral local diſeaſes.

Having now enumerated all, or moſt of the diſeaſes, which may be prevented or cured by cold-bathing, I ſhall proceed to give a few DIRECTIONS, with reſpect to the manner of uſing the cold bath; and ſome CAUTIONS which may be neceſſary, to prevent an improper uſe of it.

Thoſe who uſe cold-bathing, ought to do it in the morning, or at leaſt before dinner, when the ſtomach is empty.

They ſhould not go into the cold bath, while the body is hot; nor continue long in the water.

They ought not to uſe it too frequently. Twice or thrice a week will, in general, be ſufficient.

The head ſhould be firſt immerſed in the water.

The body ſhould be well dried immediately on coming out. And,

It is proper to uſe briſk exerciſe for ſome time after.

It is not adviſeable to go into the cold bath, on the morning after a debauch.

Cold-bathing is improper, when there is any obſtruction in the lungs, liver, or other viſcera.

It is dangerous in extreme corpulency, as it may oc-

occaſion the rupture of blood-veſſels, either in the lungs, or more readily in the brain.

It is proper for people of a full or plethoric habit, to uſe evacuations, before they begin a courſe of cold-bathing.

But, after all, it muſt ſtill be left to the judgment of the patient, or ſkill of the phyſician, to determine with reſpect to the propriety of cold-bathing in certain circumſtances; as it is difficult to give general rules, which can be applied to particular caſes.

I ſhall, therefore, conclude this eſſay, hoping, that I have fully ſhown, that cold-bathing is very efficacious, both in the prevention and cure of ſeveral diſeaſes.

THE END.